

JULY 2014

FIFTY PLUS



Lynchburg Parks and Recreation ~ 434-455-5858 ~ www.lyncburgva.gov/parksandrec

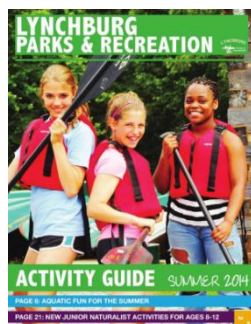
\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. *Evening/weekend activities & times identified in "RED" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.*

July is NATIONAL PARK AND RECREATION MONTH

Check out the Lynchburg
Parks and Recreation website
www.lyncburgva.gov/parksandrec

We invite you to explore a park, take a swim, hike a trail, enjoy a concert or participate in one of the many classes, activities or events planned for you.

Check the Summer Activity Guide for more information.



TEMPLETON SENIOR CENTER (TSC) 225 Wigginton Road - 455-4115

\$ Acrylics: Basics

Paint a beautiful landscape using acrylics. Learn basic color theory, color techniques, color mixing and layering. Bring your own brush set.

Instructor: Linda Duff

Register by 7/10. 2 Sessions

Fee: \$26.00 LR \$17.00

74402.232

M 7/14 & 7/21 **6:00pm-8:00pm**

\$ Android Smartphone Basics

Do you want to be smarter about your Smartphone?? Learn the fundamentals of the settings, using apps, photo options, and more. Bring your Android phone and your questions.

Instructor: Steffy Whitesell

Register by 7/18. Fee: \$6.00

73004.232

Tu 7/22 **7:15pm-8:30pm**

\$ Baked Spaghetti Luncheon

Enjoy a hot and hearty portion of baked spaghetti. Along with the pasta, a cool crisp salad, dessert and drink will be served. Come early for the Gardens of the World presentation at 10:30am.

Register by 7/18. Fee: \$4.00

73004.230

Tu 7/22 11:30am-12:15pm

\$ Beading with Jamie

Learn beading tips, techniques and terminology. This month's project is a wire-wrapped pendant necklace.

Register by 7/11.

Instructor: Jamie Carlund

Fee: \$10.00

74404.230

Tu 7/15 **6:30pm-7:30pm**

Gardens of the World-Southern Caribbean Islands

World traveler, Susan Timmons, will take you cruising through a tropical paradise with a look into the private gardens on the islands of St. Thomas, St. Lucia, Barbados, Martinique and Dominica. Stay for lunch (\$4.00) after the program.

Tu 7/22 10:30am-11:30am

\$ Healthy Eating Classes

Susan Prillaman, from the Virginia Tech Extension Office, will demonstrate some easy, healthful recipes using fresh fruits and vegetables. After the demo, you will enjoy a tasty sampling from nature's bounty.

Class # 1

Register by 7/21.

Fee: \$5.00

73004.230

Th 7/24 10:30am-12:30pm

Class # 2

Register by 7/28.

Fee: \$5.00

73004.231

Th 7/31 10:30am-12:30pm

Meet the Author-David Horton

Extreme ultra runner, David Horton, will share his insights and inspiration for writing, *A Quest for Adventure*.

His love of marathon running has taken him all over the country. In the process he learned to not only conquer the trail, but also to find the strength to stay the course.

Tu 7/22 **7:00pm-8:00pm**



Mid-Month Movie

Discover your amazing "Planet Earth" this summer. We will show episodes from the DVD series showing the beauty of our earth in remote locations. Next movie on 8/12.

Tu 7/15 10:30am-11:30am

Musical Entertainment and Ice Cream Sundaes

Retired Liberty professor, Lynn Seipp along with his wife Sonna, perform Big Band tunes on the clarinet and the piano. Sing along with familiar tunes. Enjoy an ice cream sundae after the music. Donations accepted.

Tu 7/29 10:30am-11:45am

\$ Oil Painting with Rodney

Beginners will learn to mix colors and incorporate basic elements to create a beautiful landscape. Students should bring their 11" x 14" canvas and their brushes.

Register by 7/3.

3 Sessions

Instructor: Rodney Laughon

Fee: \$50.00 LR \$35.00

74400.230

Tu 7/8-7/22 6:30pm-8:00pm



\$ Sculpt and Tone Exercise Class

Begin with a cardio workout then focus on trimming and toning using weights, bands, steps and mats.

Instructor: Steffy Whitesell

Register monthly. 5 Weeks

Fee: \$36.00 LR: \$24.00

74209.230

Tu Th 7/1-7/31 6:00pm-7:00pm

Summertime Bingo

Enjoy a morning of bingo fun. Please bring two wrapped gifts that reflect on the summertime theme.

Tu 7/8 10:30am-11:30am

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair! No Class 7/4.

M,Tu,Th,F 7/1-7/31 9:30am-10:15am

\$ Watercolor: Color Discovery

This four week class will give you the opportunity to work with color as you learn to layer, blend and add depth to your painting. The instructor will also

share tips on how to avoid and correct mistakes.

Instructor: Betty Leary

Register by 7/8. 4 Sessions

74401.230

Fee: \$55.00 LR: \$40.00

Th 7/10-7/31 6:30pm-8:30pm

\$ Yoga

This class combines stretching, breathing, and holding postures for better overall health.

Instructor: Debbie Ladd

Register monthly. 4 Sessions

Fee: \$36.00 LR: \$24.00

74203.230

Tu 7/1-7/29 8:15am-9:05am

\$ Zumba

Energize your day with a great cardio workout as you move to the beat of Latin inspired music.

Instructor: Steffy Whitesell

Register monthly. 4 Weeks

Fee: \$36.00 LR: \$24.00

74205.230

T Th 7/1-7/31 1:00pm-1:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music.

Instructor: Kirstin Eubank

Register monthly. 4 Sessions

Fee: \$36.00 LR: \$24.00

74208.230

M W 7/2-7/30 5:00pm-5:45pm

Special Interest at TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players and beginners are always welcome. No game on 7/4.

F 7/11-7/25 9:30am-11:30am

Current Issues & Events

This group is breaking for the summer. Their next meeting date is Wednesday, August 13.

Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature and poetry. New comers are welcome.

Th 7/10 10:30am-11:30am

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to exercise your brain. Beginners welcome.

Th 7/3-7/31 9:30am-12:30pm

Social Bridge

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu 7/1-7/29 9:30am -11:30am

Summer Concert Series

at the Templeton Center

W.D. & Co.

Enjoy music from the Big Band era to 60's Beach music. We'll have the dance floor available if you want to dance along!

Saturday, July 12
7:00pm-8:30pm

~*~

Coming in August

Smokey Wilson

Country Gospel favorites.

Saturday, August 9
7:00pm-8:30pm

FAIRVIEW CENTER (FC)

3621 Campbell Ave. - 847-1751

Bingo

Bring two, new, unwrapped gifts to be used as prizes.

W 7/30 10:30am-11:30am

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.
No meeting on 7/4.
Club Fee: \$5.00 Register monthly.
W F 7/2-7/30 9:30am-11:30am

\$ Clay Leaf Bird Feeder

Using clay, create and design a leaf shaped bird feeder. Choose the paint color of your choice.
Register by 7/11. Fee: \$5.00
63600.230
F 7/18 & 7/25 10:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Instructor: Jan Baker
Register monthly. 4 Week Session
Fee: \$36.00 LR: \$24.00
63300.230
M W F 7/2-7/30 11:30am-12:20pm

\$ Hot Dog Lunch

Enjoy a delicious hot dog with all the fixings, chips, dessert and drink.
Register by 7/7.
Fee: \$4.00
63400.231
F 7/11 11:00am-12:00pm

\$ Lunch and Learn: Know Your Roots

Marsha Berry shares tips and tricks to track your family heritage. Discover ways you can explore your roots.
Register by 7/16. Lunch Fee \$4.00.
63400.230
W 7/23 11:00am-12:00pm

\$ Zumba at Fairview

Move your feet to a Latin beat for a fun cardio workout to tone and trim.
Instructor: Kirstin Eubank
Register monthly. 4 Week Session
Fee: \$36.00 LR: \$24.00
63300.231
Tu Th 7/1-7/31 6:00pm-6:45pm

Special Interest at FC

\$ Archery 101: Adult Class

Learn the basics of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered. Register by 7/11. Instructors: P&R Staff
Fee: \$33.00 LR: \$22.00
73708.230
Tu 7/14 6:00pm-8:00pm



Call the Fairview Center for more information on Archery Classes.

Billiards

Two tables are available for recreational billiards.
M W F 7/2-7/30 9:30am-1:00pm

\$ Line Dance

Interested in line dancing for fun? Join this group of dancers any Wednesday and enjoy an energizing morning.
Fee: \$2.00/class. Pay on site.
W 7/2-7/30 10:30am-11:20am

Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at Fairview.
M 7/7-7/28 10:00am-11:30am

Knitting Group

Interested in knitting? Join fellow knitters in this fun, social knitting group that meets the 3rd Wednesday of every month through the summer. Bring your current project or start a new project. Call Jamey at Fairview 847-1751 for more information.
W 7/16 10:00am-12:00pm

OTHER LOCATIONS

\$ Bowling

Enjoy weekly recreational bowling without the cost and



commitment of league attendance and play.
Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center,
6015 Fort Avenue
Tu 7/1-7/29 1:00pm-3:00pm

Fifty-Plus Pickleball

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. *Note times below.
Staff: Marsha Berry
Register & pay monthly.
Fee: \$10.00
73703.230

Heritage United Methodist Church,
582 Leesville Road

*Beginners & Intermediate Players
Th 7/3-7/31 1:00pm-3:00pm

**Advanced Players
Th 7/3-7/31 3:00pm-5:00pm

****Note: on 7/17 we will meet at Fairview Courts at 9:00am due to VBS at HUMC.**

The Fairview Center courts are available (weather permitting) from 9:00 to 11:00 every Monday morning.

\$ Fifty-Plus Putt Putt

Enjoy miniature golf each Monday morning. No registration required. Season continues through mid-October. Adults only please.
\$3.00/two games. Putt-Putt Fun Center, 8105 Timberlake Road
M 7/7-7/28 9:00am-11:00am

\$ Fifty-Plus Softball

Play focuses on fun, fellowship and exercise. All players, men and women, age 50 and over are invited to participate regardless of skill level.
Staff: Lynn Fox
Register & pay monthly.
Fee: \$10.00.
Peaks View Park Field # 1
73702.230
W F 7/2-7/30 9:00am-11:00am

☎ Golden Gourmet @ O'Charleys

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share. Register by 7/23. **Call 455-4115.** 73700.230

Meet at: O'Charleys, 4042 Wards Rd.
F 7/25 11:30am-1:30pm

New Chapter Book Group

In a life that spanned nearly a century and witnessed some of the most momentous events in American history, Elizabeth Hobbs Keckley was born a slave. She earned her freedom by the skill of her needle and won the friendship of First Lady, Mary Todd Lincoln by her devotion. In her sweeping historical novel, *Mrs. Lincoln's Dressmaker*, New York Times bestselling author, Jennifer Chiaverini, illuminates the extraordinary relationship the two women shared.

Meet at: The Drowsy Poet
Givens Book Store, 2236 Lakeside Dr.
M 7/28 10:00am-11:30am

ACADEMY OF FINE ARTS

600 Main Street - 846-8499

\$ Knitting Skills: T-Shirt

Using basic knitting skills in the workshop, you will learn to knit a t-shirt from start to finish.

Register by 7/1.

Fee: \$35.00 LR \$ 20.00

73001.211

M 7/7-7/28 **6:00pm-8:00pm**

DANIEL'S HILL CENTER

317 Norwood Street - 847-1396

Recreation Shuffle...

New this summer!

Gather at the center for active recreation each morning with stretching, walking, drumming, and a variety of moderate exercises. In the

afternoons, enjoy all the center has to offer. Call 847-1396 for more details.

Golden Soul Line Dancing

\$2.00 payable on site

2nd & 4th Tuesdays

10:30am-11:30am

STAYING HYDRATED

- Drink 8-10 eight glasses of water daily
- When outdoors or doing physical activity, plan ahead and bring plenty of water.
- Stay away from things like alcohol and salty food because they dehydrate you faster.
- Eat foods with high water content like watermelon, celery, and lettuce.



For more information visit:

www.cdc.gov

Registration Update

We have recently changed our registration software and need your help. Please take time to update your information. Stop by and complete a new form or go online to set-up your new profile at: www.lynchburgva.gov/parksandrec

Please remember, in order to be registered for a class or activity designated by the \$ sign, advance registration and payment must be received by the registration deadline. Registrations may be submitted on line or completed registration forms and checks (payable to City of Lynchburg) may be mailed to:

**Lynchburg Parks & Recreation
Templeton Center
225 Wiggington Road
Lynchburg, VA 24501**

Walk-in registrations are also accepted at the Templeton Senior Center and at any of the Parks and Recreation Centers and main office.

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



City Wide Program Staff

Allyson McSwain,
Supervisor City-Wide Centers

Lynn Fox,
Senior Recreation Specialist,
Templeton Senior Center

Marsha Berry,
Recreation Specialist Templeton
Senior Center

Tamara Reynolds,
Recreation Specialist,
Templeton Senior Center

Jamey Love,
Recreation Specialist
Fairview Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.